



Head Start
of Eastern Orange County, Inc.



FALL 2023 MENU



Dates: _____

WEEK 1

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Cold Cereal

Hot Cereal

English Muffins

French Toast

Cold Cereal

Milk	3/4 cup	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*	1% Low-fat Milk*
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Grains or Meat/MA	1/2 oz eq	WGR Kix Cereal	WGR Cinnamon Oatmeal	WGR English Muffins with Fruit Preserves	WGR French Toast	WGR Rice Chex Cereal
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Vegetable and/or Fruit	1/2 cup	Orange Wedges	Fresh Banana	Sliced Apricots	Unsweetened Applesauce	Mixed Berries
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Substitute:

WGR Toast

LUNCH

Cheese Quesadilla

Oven Roasted Turkey

Dominican Pollo Guisado



Spaghetti and Meatballs

Roast Pork

Milk	3/4 cup	1% Low-fat Milk*	1% Lowfat Milk	1% Low-fat Milk*	1% Milk and Water*	1% Milk and Water*
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Meat/Meat Alternate	1.5 oz	LF Cheese Quesadilla	Roasted Turkey	Pollo Guisado (Braised Chicken Stew)**	Lean Beef Meatballs in Marinara Sauce	Lean Roasted Pork
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Breads/Grains	1/2 oz eq	WGR Tortilla	WGR Polenta	WGR Brown Rice	WGR Spaghetti	WGR Quinoa Pilaf**
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Vegetable	1/4 cup	Garlicy Green Beans	Seasoned Mixed Vegetables	Potatoes, Sofrito	Mixed Vegetables	Chopped Green Salad
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Fruit	1/4 cup	Sweet Cantaloupe	Apple Wedges	Diced Pineapples	Honeydew Melon	Apple Slices
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Substitute:

Chicken Salad Wrap

Eggs

Beans

Tofu

Veggie Burger

SNACK

Muffins & Milk

Crackers and Yogurt

Crackers and Carrots

Pretzels and Fruit

Fruit and Cheese Kabobs

Milk	1/2 cup	1% Lowfat Milk				
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Meat/Meat Alternate	1/2 oz		LF Yogurt			LF Cheese Cubes
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Breads/Grains	1/2 oz eq	WGR Muffins	WGR Crushed Graham Crackers	WGR Goldfish Crackers	Unsalted Pretzels	
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Vegetable	1/2 cup			Carrot sticks		
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Fruit	1/2 cup				Sliced Pears	Diced Fruit for Kabobs**
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Substitute:

Fresh Fruit

Ritz Crackers

Triscots

**= Recipe Provided



* WGR - Whole Grain Rich
* LF - Low Fat
* LS - Low Sodium

* Unflavored whole milk must be served to 1 year olds
* Unflavored 1% Milk is served for children aged 2 years and above.
* Water is to be made available throughout the day

* Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.
* Milk Alternatives: Lactaid and Soy Milk



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FALL 2022 MENU



Dates: _____

WEEK 2

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Wheaties

WGR Muffins

WGR Pancakes

Hot Eggs Breakfast

WGR Cheerios

Milk

3/4 cup

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

1% Low-fat Milk

Grains or Meat/MA

1/2 oz eq

WGR Wheaties Cereal

WGR Muffins

WGR Pancakes

Eggs with WGR Roll

WGR Cheerios

Vegetable and/or Fruit

1/2 cup

Apple Slices

Pineapple Rings

Warmed Berry Compote**

Fresh Banana

Fresh Blueberries

Substitute:

WGR English Muffin

WGR Roll

LUNCH

Beans and Rice

Chicken Parmigiana

Mexican Beef Picadillo 

Homemade Hamburger Helper

Cheese Pizza

Milk

3/4 cup

1% Lowfat Milk

1% Milk and Water*

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

Meat/Meat Alternate

1.5 oz

Bean Stew

Chicken Parmigiana**

Lean Ground Beef in Tomato Sauce

Ground Turkey in Tomato Sauce

LF Cheese in Pizza

Breads/Grains

1/2 oz eq

WGR Brown Rice

WGR Spaghetti

WGR Tortilla

WGR Elbow Pasta

WGR Pizza Crust

Vegetable

1/4 cup

Diced Tomato Salad

Fresh Green Salad

Bell Peppers

Peas and Carrots

Sauteed Spinach

Fruit

1/4 cup

Fresh Cantaloupe

Sliced Apricots

Mandarin Oranges

Sliced Pears

Orange Wedges

Substitute:

No Cheese; Extra Chicken

Black Beans

Crumbled Veggie Burger

Chicken Nuggets & WGR Toast

SNACK

Pretzels & Fruit

Crackers & Fruit

Sticks and Sticks

Apples & Sunbutter

Fruit Juice and Crackers

Milk

1/2 cup

Meat/Meat Alternate

1/2 oz

LF Cheese

Sunflowerseed Butter

Breads/Grains

1/2 oz eq

WGR Soft Pretzels

WGR Crackers

WGR Goldfish

Vegetable

1/2 cup

Cucumber Sticks

Fruit

1/2 cup

Mixed Fruit

Sliced Peaches

Apple Slices

100% Fruit Juice

Substitute:

WGR Crackers

WGR Crackers

**= Recipe Provided



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FALL 2022 MENU



Dates: _____

WEEK 3

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Warm Muffins

Pancakes

Cold Cereal

WGR Bagel

Cold Cereal

Milk

3/4 cup

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

Grains or Meat/MA

1/2 oz eq

WGR Muffin

WGR Pancakes

WGR Kix Cereal

WGR Bagel and LF Cream Cheese

WGR Wheaties Cereal

Vegetable and/or Fruit

1/2 cup

Mandarin Oranges

Unsweetened Applesauce

Fresh Banana

Mixed Fruit Cup

Fresh Pears

Substitute:

Cold Cereal

WGR Toast

WGR Bagel

LUNCH

Lentil Stew

Taco Tuesday

Jamaican
Chicken Curry



Southern-Style Chili

Stir Fried Ground Turkey

Milk

3/4 cup

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

Meat/Meat Alternate

1.5 oz

Lentil Stew

Grilled Chicken Tacos with
Homemade Crema Sauce**

Diced Chicken Curry**

Lean Ground Beef Chili**

Stir Fried Ground Turkey**

Breads/Grains

1/2 oz eq

WGR Brown Rice

WGR Taco Shell

WGR Brown Rice

WGR Roll

WGR Brown Rice

Vegetable

1/4 cup

Roasted Green Beans

Shredded Lettuce

Diced Potatoes in Curry**

Corn and Beans in Chili**

Steamed Broccoli

Fruit

1/4 cup

Diced Honeydew Melon

Orange Slices

Diced Mangoes

Sliced Peaches

Apple Wedges

Substitute:

Black Beans

Tofu

Mixed Beans

Crumbled Veggie Burger

SNACK

Crackers & Fruit

Cheese and Fruit Juice

Muffins and Milk

DIY Parfait

Pretzels & Fruit

Milk

1/2 cup

1% Lowfat Milk

Meat/Meat Alternate

1/2 oz

LF Cheese Cubes

L.F Yogurt

Breads/Grains

1/2 oz eq

WGR Crackers

WGR Muffin

WGR Soft Pretzels

Vegetable

1/2 cup

Fruit

1/2 cup

Fresh Pears

100% Fruit Juice

Mixed Berries

Mixed Fruit Cup

Substitute:

WGR Pita Triangles

WGR Crackers

WGR Crackers

**= Recipe Provided



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Dates: _____

WEEK 4

Ages
3-5

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Cold Cereal

Hot Cereal

Waffles

WGR Bagel

Cold Cereal

Milk

3/4 cup

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

1% Low-fat Milk*

Grains or Meat/MA

1/2 oz eq

WGR Cheerios

WGR Oatmeal

WGR Waffles

WGR Bagel with Fruit Preserves

WGR Brown Rice Krispies Cereal,
Gluten-Free

Vegetable and/or Fruit

1/2 cup

Mixed Berries

Tropical Mixed Fruit

Unsweetened Applesauce

Diced Pineapple

Fresh Banana

Substitute:

WGR Toast

LUNCH

Creamy Chickpea Stew

Beef Meatloaf

Korean BBQ Chicken



Mac & Cheese

Turkey Salad

Milk

3/4 cup

1% Low-fat Milk*

1% Low-fat Milk*

1% Milk

1% Low-fat Milk*

1% Low-fat Milk*

Meat/Meat Alternate

1.5 oz

Creamy Chickpea Stew**

Lean Beef Meatloaf**

BBQ Chicken**

Macaroni & Cheese

Diced Turkey Salad

Breads/Grains

1/2 oz eq

WGR Barley

WGR Seasoned Rotini Pasta

Brown Rice

WGR Elbow Pasta

WGR Pita Triangles

Vegetable

1/4 cup

Garlicy Green Beans

Peas & Carrots

Stir Fried Mixed Vegetables

Steamed Broccoli

Diced Cucumber and Tomato
Salad

Fruit

1/4 cup

Apple Slices

Fresh Apple Slices

Fresh Pear Slices

Honey Dew Melons Slices

Sliced Cantaloupe

Substitute:

Veggie Burger

Tofu

Pasta and Diced Chicken

Bean Salad

SNACK

Sticks & Fruit

Yogurt & Fruit

Cheese & Celery

Crackers & Fruit

Crackers & Juice

Milk

1/2 cup

Meat/Meat Alternate

1/2 oz

LF Yogurt

LF Cubed Cheese

Breads/Grains

1/2 oz eq

WGR Breadsticks

WGR Animal Crackers

WGR Goldfish Crackers

Vegetable

1/2 cup

Celery Slivers

Fruit

1/2 cup

Orange Wedges

Sliced Peaches

Fresh Fruit Salad

100% Fruit Juice

Substitute:

Graham Crackers

WGR Triscuit Crackers

Unsalted Pretzels

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